

Join Us



Riverside Health's 13th Annual **Advanced Practice Provider Conference**

Saturday, February 8, 2025

7:15 a.m. to 4:10 p.m.

In-person-only event

Newport News Marriott at City Center

740 Town Center Drive, Newport News, VA 23606

Conference includes breakfast and lunch.

For registration questions, please contact Kristine Bohn at kristine.bohn@rivhs.com or 757-534-7046.

Day of Conference contact: Text or call Terry Thompson at 757-298-8019



Presented by the Riverside Medical Group Advanced Practice Provider Conference Planning Committee

Riverside Health's 13th Annual APP Conference | Agenda

7:15 a.m. **Registration/Breakfast/Exhibitors/Posters**

7:45 a.m. **Welcome**

8-9 a.m. **Keynote: What's Going On, Aspiring Legendary Champions!**

Karen Barefoot, Director of Business Development at Industrial Reliability and Repair
NCAA 5X Hall of Famer and Best-Selling Author

Objectives:

- Analyze and refine leadership execution styles to optimize performance in both professional roles and personal endeavors
- Identify and implement critical pivots necessary to simultaneously pursue professional excellence and personal fulfillment, mastering the art of "playing to win" in the game of life
- Transform challenges, setbacks and perceived shortcomings into catalysts for developing a champion's mindset and vision
- Cultivate radical responsibility to unlock hidden potential that leads to the creation of lasting organizational impact and a meaningful personal legacy

Breakout Sessions

ACUTE CARE BREAKOUT SESSION #1

9:05-9:50 a.m.

Acute Hypoxic Respiratory Failure

Silya Mazigh, M.D.

Riverside Regional Medical Center Hospitalist

Objectives:

- Differentiate etiologies of acute respiratory failure
- Utilize ABG results to optimize treatment
- Identify red flags on CXR
- Select appropriate therapies for acute management of respiratory failure

PRIMARY CARE BREAKOUT SESSION #1

9:05-9:50 a.m.

Ortho Pearls for Hip, Knee and Spine Complaints

Crystal Fesperman, PA-C

Riverside Orthopedic Specialists

Objectives:

- Review key anatomic landmarks related to hip and knee joints and spine complaints
- Order appropriate imaging test based on symptoms
- Perform initial ortho examinations and identify red flags for urgent referral
- Differentiate appropriate PCP vs. orthopedic specialty referrals for management

ACUTE CARE BREAKOUT SESSION #2

9:55-10:40 a.m.

Atrial Fibrillation: An Overview for Primary Care

Linda "El" Summers, DMSc, PA-C

Objectives:

- Recognize the prevalence, pathophysiology and risk factors of atrial fibrillation
- Review AHA, ACC and HRS guidelines
- Diagnosis of atrial fibrillation: A review of wearable devices
- Assessment of ChadsVasc risk score to identify appropriate anticoagulation strategies
- Describe the management and treatment of atrial fibrillation: Ablation versus medical therapy

PRIMARY CARE BREAKOUT SESSION #2

9:55-10:40 a.m.

Stop the Shaking

Vince Mertz, DNP, FNP-C, PMHNP

Riverside Neurosurgical & Spine Specialists

Objectives:

- Identify the pathophysiology of Parkinson's disease
- Analyze presenting symptoms of Parkinson's disease
- Correlate physical exam findings with the diagnosis of Parkinson's disease
- Summarize current/future treatment options for Parkinson's disease

Breakout Sessions

GENERAL SESSION BREAKOUT #1

11:10 a.m.-12:10 p.m.

Pharmacology Update: Clinical Toxidromes

Tanya Claiborne, PharmD, BCEMP
Riverside Regional Medical Center

Objectives:

- Detail history & epidemiology of toxin abuse
- Determine signs & symptoms of medication misadventures
- Demonstrate how to obtain an accurate medication history
- Define toxidromes and key antidotes
- Differentiate deadly ingestions
- Discuss emerging substances with abuse potential

GENERAL SESSION BREAKOUT #2

11:10 a.m.-12:10 p.m. (Limited to 20 registrants)

Locker Room Leadership: Designing Rituals and Practices That Reinforce Core Values

Karen Barefoot, Director of Business Development at Industrial Reliability and Repair
NCAA 5X Hall of Famer and Best-Selling Author

Objectives:

- Identify secrets of building a winning culture
- Implement rituals and practices in your daily routine to enhance your practice

12:10-1 p.m.

Lunch/Exhibitors/Posters

(12:30-1 p.m. Networking Session for APP students in Grand Ballroom)

Breakout Sessions

ACUTE CARE BREAKOUT SESSION #3

1:05-1:50 p.m.

Shock Therapies

Katie Valdivieso, AGACNP-BC
Callie Tayrien, AGACNP-BC
Riverside Surgical Specialists

Objectives:

- Identify pathophysiology of various types of shock in critical care
- Diagnose early stages of shock
- Provide initial treatments & stabilization
- Correctly interpret hemodynamic monitoring
- Prevent complications associated with shock

PRIMARY CARE BREAKOUT SESSION #3

1:05-1:50 p.m.

Women's Health With Urology Review and PCOS

Amberly Levan, FNP-C, Riverside Urology Specialists
Kelli MacAdam, DNP, CNM, Riverside Partners in Women's Health

Objectives:**Urology Updates:**

- Distinguish causes of recurrent UTI
- Select appropriate testing for interstitial cystitis and overactive bladder
- Evaluate interventions for stress urinary incontinence and atrophic vaginitis

Polycystic Ovary Syndrome:

- Identify diagnostic criteria for PCOS
- Individualize medical treatments and lifestyle modifications for PCOS therapies

Breakout Sessions

ACUTE CARE BREAKOUT SESSION #4

1:55-2:40 p.m.

Breaking Down Cardiomyopathy: Understanding the Why, How and What We Can Do About It

Alexandra Ward, M.D.
Riverside Cardiology Specialists

Objectives:

- Identify pathophysiology of cardiomyopathy
- Distinguish the various types of cardiomyopathy
- Outline diagnostic strategies and treatment modalities for management

PRIMARY CARE BREAKOUT SESSION #4

1:55-2:40 p.m.

First Steps in a Rheumatologic Workup: Tips for Referring Providers

Tina Valentine, AGPCNP-C
Victoria Lear, FNP-C
Riverside Rheumatology Specialists

Objectives:

- Characterize the significance of ANA testing
- Distinguish appropriate referral criteria
- Identify signs/symptoms of rheumatoid arthritis
- Diagnose and treat gout

2:40-2:55 p.m. Break/Exhibitors/Posters

3-4 p.m.

Human Trafficking

Megan Probasco, FNP-C
Riverside Primary Care Hidenwood

Elizabeth Ameling, Traumatologist
Founder and Executive Director, Latisha's House

Objectives:

- Describe the various types of human trafficking
- Differentiate associated signs and symptoms of potential trafficking victims
- Outline appropriate action when trafficking is suspected
- Identify community and legal resources for trafficking victims

4-4:10 p.m. Closing and Raffles

Advanced Practice Provider Conference

Saturday | February 8, 2025 | 7:15 a.m. to 4:10 p.m.

Conference is open to all advanced practice providers and advanced practice provider students.

Register ONLINE by January 24, 2025

riversideonline.com/app

Registration fees:

Riverside NP/CNM/PA	\$50
Non-Riverside NP/CNM/PA	\$125
NP/CNM/PA Student	\$40

Payment types accepted:

Credit card or check. A nominal convenience fee is added to credit card payments.

Mail-in payment address:

Riverside Health
Attn: Kristine Bohn, APP Conference
701 Town Center Drive, Suite 1000
Newport News, VA 23606

Check payable to: Riverside Physician Services
(Memo: APP Conference)

Refunds: Will be made until Jan. 17, 2025 less a \$15 administrative fee. No refunds after this date.

Hotel Rooms: [Book your group rate for \\$129/night until Jan. 19, 2025](#), or call 866-329-1758 and ask for "Riverside APP Conference" group block.

Committee

Riverside Medical Group Advanced Practice Provider Conference Planning Committee

Conference Co-Chairpersons:

Tammy Hedspeth, FNP-BC (Exhibitor Coordinator)
Terry Thompson, ACNP-BC, FHM (CME Coordinator)

Committee Members:

Sara Ambrose, PA-C
Virginia Caldwell, FNP-BC
Shannon Dishman, FNP-C
Crystal Fesperman, PA-C
Brittany Fields, PA-C
Latosha Foster, FNP (Community Outreach Coordinator)
Asia Gordon, DNP, FNP-BC
Sarah Halvorsen, FNP-BC, ENP-BC (Exhibitor Coordinator)
Jatifha Harris, ACNPC-AG, CCRN, SCRNP
Julie Lear, ACNPC-AG, AGPCNP-C
Amberly Levan, FNP-C
Vince Mertz, DNP, FNP-C, PMHNP
Lindsay Otis, FNP-C
Carolyn Perez, FNP-C
Omari Peterkin, PMHNP
Ashlea Robertson, FNP-C (Exhibitor Coordinator)
Carla Rothmann, FNP-BC (Community Outreach Coordinator)
Tiffany Schaefer, PA-C (Poster Coordinator)
Heather Singleton, AGACNP-BC
El Summers, PA-C
Nehemiah Thrash, M.D.
Katie Valdivieso, AGACNP
Meenal Walia, PA-C

Information

Accreditation Statement: CME/CNE jointly provided by UVA Health and Riverside Health. Conference is approved for 6.0 CME.

Financial Support: This educational activity is supported by Riverside Health and Riverside Medical Group. Disclosure of faculty and commercial relationships will be made at the activity.

Target Audience: All advanced practice providers and students enrolled in an advanced practice provider curriculum

Nursing Contact Hours: Nursing contact hours/pharmacology credit: pending approval from Riverside Health.

Hosted by: Riverside Health

Give Back to the Community

The Riverside Medical Group APP Committee invites our conference participants to “GIVE BACK” to our communities.



The Riverside Simulation Training Lab, dedicated in memory of Dr. Brandon D. Rogers, is the culmination of a three-year collaborative effort among the Rogers family, community donors, Riverside medical staff, and the Riverside Foundation. This 8,400 square-foot facility, outfitted with specialized clinical areas and a procedural suite, is designed to emulate the clinical environment and provide a safe place for medical staff/providers to develop, learn and practice skills to ultimately improve patient care.

For more information and a virtual tour of the Sim Lab, please visit us here.



To make a donation to the Sim Lab, please visit us here.



Latisha's House

Latisha's House is a non-profit organization established to help women who have been victims of sex trafficking regain the independence, confidence and vocational skills they need to successfully integrate back into society. Services such as safe housing, GED tutoring, counseling, and social and medical services are offered to assist these women with their complex needs. Through donations and community support, these services are available to meet the needs of this special, but often overlooked, population of women.

Conference participants are invited to bring the following items for donation:

Paper goods: paper plates, toilet paper, tissues

Dish detergent/soap, laundry detergent, cleaning products

Bed sheets: twin, full, queen

Gift cards: Target, Walmart, Wawa, nail salons, beauty stores (Ulta, Sally's)

Nail polish, nail polish remover, nail files

To make a monetary donation online for Latisha's House, please visit the website and indicate that your donation is from the Riverside APP Conference.

